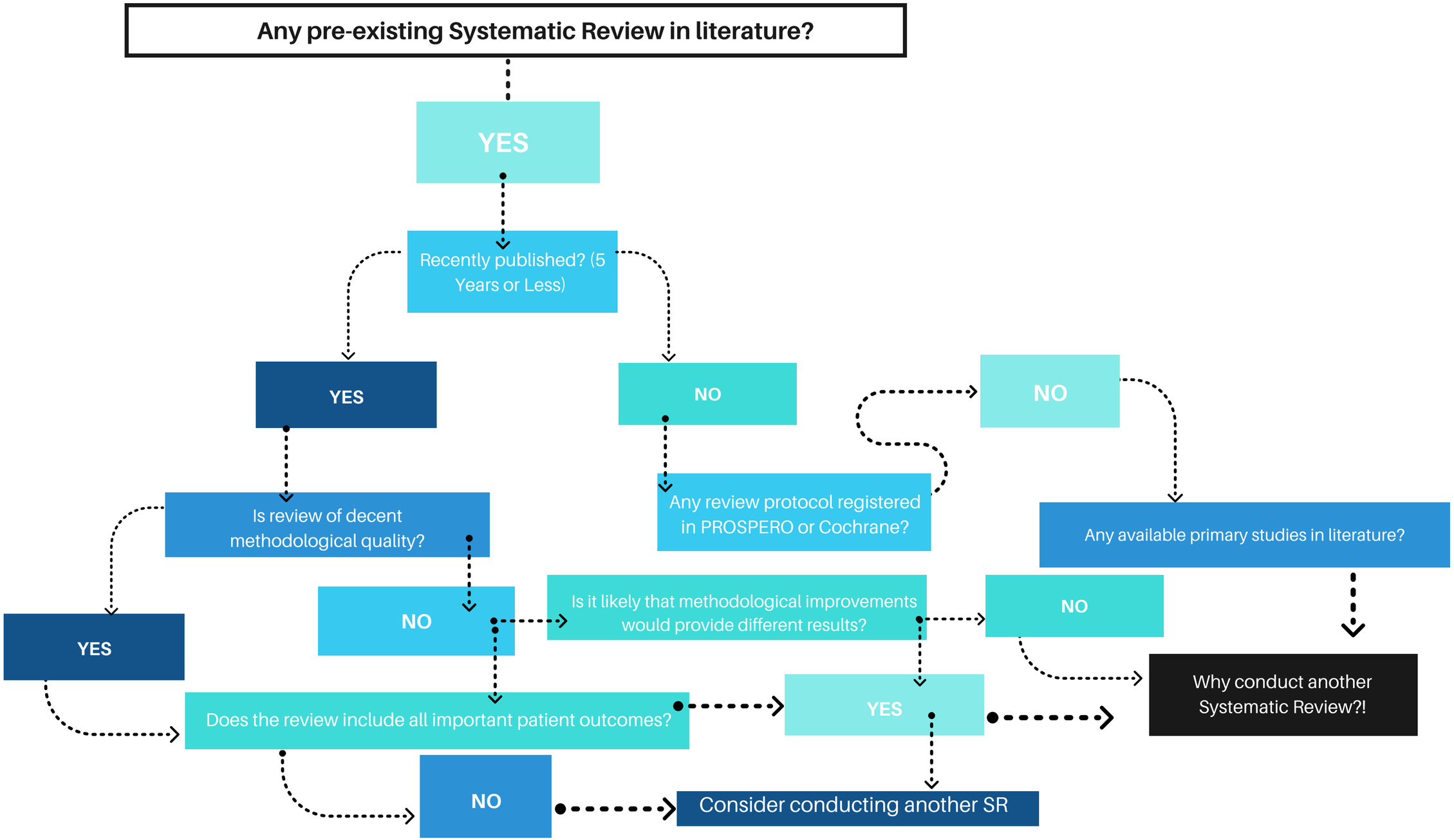DO I NEED TO CONDUCT A SYSTEMATIC REVIEW?